

Brownies

(Try the following recipe as a healthy alternative.)

Ingredients:

- 1/2 cup unsweetened applesauce
- 1 cup sugar
- 2 eggs, whites only
- 1 teaspoon vanilla
- 3/4 cup flour
- 1/4 cup cocoa
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- powdered sugar, if desired



| Amount Per Serving | |
|--|---------------------------|
| Calories 80 | Calories from Fat 0 |
| % Daily Values* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 35mg | 1% |
| Total Carbohydrate 19g | 6% |
| Dietary Fiber less than 1 gram | 3% |
| Sugars 13g | |
| Protein 1g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Preparation:

1. Spray a 9-by-9-by-2-inch baking pan with nonstick spray coating.
2. Combine the applesauce, sugar, egg whites, and vanilla in a mixing bowl.
3. Stir in the flour, cocoa, baking powder, and salt.
4. Pour into the pan and bake at 350°F for 20-25 minutes until the top springs back when touched. If desired, sprinkle with powdered sugar through a sieve.
5. When cooled, cut into pieces.

Makes sixteen brownies